

# THE INTERNET



## **A Contract for Kids who Surf the Net**

- I will not give out personal information such as my address or telephone number, without my parent's permission.
- I will tell my parents right away if I come across any information that makes me feel uncomfortable.
- I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and will bring a trusted adult along.
- I will never send anyone my picture or anything else without first checking with my parents.
- I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the online service.
- I will talk with my parents so that we can set up rules for being online. We will decide upon the time of day that I can be online, the length of time, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

**By taking responsibility for your children's online computer use, parents can greatly minimize the potential risks of being online. Make sure your child understands these rules and keep this pledge next to your computer.**

SIGNATURE OF AGREEMENT:

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Child



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org